

# Thomas More Catholic School



## Whole School Food Policy

### Mission Statement

**To Care** for, respect and value all people and our environment.

**To Learn** that justice and love are the foundations of our Faith.  
To make these the guiding principles of our community in its commitment to academic excellence and personal integrity.

**To Achieve** beyond our highest expectations, creating challenging opportunities, which take us all confidently through the 21<sup>st</sup> Century.

<b>Date Reviewed</b>	<b>4<sup>th</sup> April 2016</b>
<b>Review Confirmed by</b>	<b>Resources Committee</b>
<b>Next Review Due</b>	<b>Spring Term 2017</b>

Thomas More Catholic School food policy sets out the school's formal commitment to serving healthy food; it also links this to education and life skills to promote optimal health, to develop social skills and to ensure maximum educational attainment of all our students.

The Governors of Thomas More Catholic School aim to ensure that all aspects of food and nutrition at Thomas More Catholic School promote the health and well-being of students, staff and visitors to our school, supporting individual needs, cultural, ethical and medical, as appropriate.

The Governors will ensure the creation of partnerships between staff, students, parents and other relevant groups so that all those involved in food / nutrition at Thomas More Catholic School have the opportunity to plan, implement, deliver and evaluate the Thomas More Catholic School catering enterprise.

**Thomas More Catholic School** is committed to:

- Strategic planning involving caterers, education, health, parents and students.
- Supporting school-based partnerships through School Nutrition Action groups, student forums, the healthy schools group or other alternatives.

A formal structure is in place to allow feedback from students, staff and parents on school food and catering in order to show our commitment to improving the service.

We will continue to give priority to food and nutrition.

Where possible, we aim to link food available in school to areas in the curriculum to ensure students receive consistent and up to date messages around healthy eating.

The school food policy relates to the School Food Standards Guidance.

School food regulations were introduced through the Education Act 2007 and include a requirement for a School Food Plan. As part of this plan, a new set of standards for all food served in schools was launched by the Department for Education and became mandatory on the 1<sup>st</sup> January 2015. A link to the new standards, called "The School Food Standards" is appended here [http://www.schoolfoodplan.com/wp-content/uploads/2014/09/School\\_Food\\_Standards\\_140911-V2c-tea-towel.pdf](http://www.schoolfoodplan.com/wp-content/uploads/2014/09/School_Food_Standards_140911-V2c-tea-towel.pdf) Responsibility for meeting these regulations and standards lies with the School's Governing body.

The Governors believe that healthy eating knowledge and practices are the responsibility of every member of the school community; therefore every member of staff will be responsible for the implementation of the School Food Policy.

Healthy eating is one of the core themes in the Croydon and London Healthy Schools Programmes. A commitment to healthy food is therefore essential to Thomas More Catholic School in order to meet the outcomes of these national agendas to ensure the health and well being of our students.

## **Catering**

The principal objective of the Catering function at **Thomas More Catholic School** is to provide a first class and efficient service, which meets the needs of all customers:

- Governors
- students
- staff
- parents
- visitors

The service will be available for:

- ❖ Breakfast
- ❖ Morning Break
- ❖ Lunch time
- ❖ Functions - meetings and events

### **The Aims of the Service:**

1. Identify and implement best practice recognising the need to provide a valued and attractive catering service to discerning consumers.
2. Provide a self-financing and all-embracing service available throughout the working day.

### **Links to the Curriculum**

We aim to establish clear links between subject areas on the curriculum and what is offered for consumption to students in Thomas More Catholic School. We will aim to provide consistent messages to young people, at the same time creating an interest in food and nutrition.

**Thomas More Catholic School** is committed to:

- Ensuring that Thomas More Catholic School regularly carries out an audit of what is taught within the curriculum in respect of food and health.
- Reviewing information relating to food and nutrition in different subject areas, ensuring it is consistent and up to date.
- The development of appropriate new curricular materials, as required.
- The development of new programmes of food skills as part of life skills.

- Ensuring that every student can learn basic cooking skills through food preparation techniques, diet and nutrition, health and safety and wise food shopping.
- Ensuring that all staff are updated on the school's food agenda, school food regulations and up to date healthy eating messages.

## **Water**

Research has shown the value to students of gaining regular access to fresh, chilled drinking water throughout the school day. Intake of water is linked to good health, better concentration and increased attainment.

**Thomas More Catholic School** is committed to

- Supplying fresh chilled drinking water.
- Allowing students to drink water at any time during day (including during lessons, with the exception of computer rooms).
- Supplying vended drink choices (students should not bring artificially sweetened carbonated drinks or high energy drinks in to school).

## **School Meals**

Schools meals should be nutritious, varied and appeal to students. For a significant proportion of students, a school lunch may be the only meal of the day. The school strongly believes that children entitled to Free School Meals should eat a healthy balanced diet. School meals should help create an interest in food by offering students a range of new food experiences. School meals should also provide an opportunity for the development of social skills.

**Thomas More Catholic School** is committed to:

- Implementing the School Foods Standards of schools meals.
- Improving all dining facilities and the social experience during lunch and break in school.
- Improving the food preparation facilities.
- Where practicable, ensuring that all children who require specialist diets receive them and are supported in meeting their specialist needs.
- Encouraging all students to eat 5 portions of fruit and vegetables per day.
- Encouraging all students to drink appropriate fluids (water and fruits juices).
- Encouraging all students to eat a healthy balanced diet and to understand the importance of diet to health, academic performance and well-being.

## **Packed Lunches**

The Governors recognise that choice is a key element of healthy eating and the school's role is in educating students to make informed choices about healthy eating.

Some students choose to bring a packed lunch to school. The school believes that packed lunches should be consistent with healthy eating advice and school food regulations.

### **Guidance on healthy packed lunches:**

- Packed lunches should be based around high fibre foods to provide sufficient energy to maintain concentration throughout the whole school day e.g. bread, pasta, rice etc.
- Packed lunches should encourage students to have 5 portions of fruit and vegetables per day.
- High sugar, high fat and high salt products should be discouraged e.g. crisps, salted nuts.
- Confectionery should be discouraged e.g. chocolate bars, chocolate coated products, sweets or cereal bars.
- Cakes or biscuits (not containing confectionery) can be included as part of a balanced meal.
- Drinks should be plain water, low fat milk, pure fruit juice, vegetable juice, yoghurt drinks or flavoured milk drinks.

### **Thomas More Catholic School is committed to:**

- Ensuring that students choosing a packed lunch sit with the rest of the community who may have chosen a school meal.
- Students choosing a packed lunch have access to fresh chilled water
- Educating parents and students on healthy pack lunch options.

### **Morning Break**

Morning break plays an important role in school; it allows access to healthy food and should primarily reinforce the key whole school food message. We recognise that many children consume a 'brunch' at this time having missed breakfast at home and may not eat again until after 2.45pm.

### **Thomas More Catholic School is committed to:**

- Offering a range of healthy choices in line with the school food regulations.
- Offering greater access to sandwiches, cereal, freshly prepared bread products, fruit, yoghurt and healthy drinks.

### **Extra Curricular Activities**

It is recognised that many activities take place outside the conventional school day at Thomas More Catholic School. These activities are aimed at both our students and the wider community.

Some of the activities are organised by the school itself but others through independent groups based in the local community. It is vital that the school gives a consistent message to children and the community at large and that all aspects of the school's activities reinforce key healthy eating messages.

**Thomas More Catholic School** is committed to:

- Requiring that all extra curricular activities follow the principles of healthy eating.
- Providing packed FSMs for students attending trips.

### **Partnership with Parents and Wider Community**

Parents need to be aware of Thomas More Catholic School's school food policy and how they can support it in other areas of their children's lives.

Thomas More Catholic School will involve parents in as many ways as possible. A successful whole school food policy can and will impact on the wider community.

**Thomas More Catholic School** is committed to:

- Developing stronger partnerships between parents, the school and catering staff.
- Communicating with parents on all aspects of food in school including information and advice on healthy packed lunches and snacks
- Developing dialogue with food suppliers to look at ways in which healthy eating activities initiated by the school can be maintained.

### **Monitoring and Evaluation**

**Thomas More Catholic School** is committed to:

Developing monitoring and evaluation systems, which record levels of uptake in school meals and free school meals, feedback from students, parents and staff, feedback from caterers and increasing range of healthy options in line with school food regulations.

### **Thomas More Catholic School Catering Service – Our Commitment**

1. Meals will be freshly prepared on the Thomas More Catholic School premises.
2. Menus will change each week and will be published on the information screen and notice boards.
3. Cakes and biscuits served in the canteen will be prepared on the premises and only served at lunchtime as part of a balanced meal.
4. No MRM (mechanically recovered meat) will be used in preparation of meals.

5. Fresh vegetables will be used for meals (excluding some exceptions, e.g. baked beans, frozen peas).
6. Vegetables or salad will be served with all cooked meals
7. Fresh fruit, fresh fruit salad and low fat, artificial additive-free yoghurts will always be available at breakfast, break and lunch times.
8. Fresh milk will be used when required.
9. Fat, sugar and salt contents of food and drinks will be limited, in line with the Government nutrient based regulations for school lunches. No additional salt is available.
10. Food will be sourced from local suppliers where possible. This integrates TMCS into the local economy, reduces food miles and encourages links with the local, rural community.
11. The use of Fair Trade and organic ingredients will be encouraged. We will consider trading and farming conditions and food miles when deciding our menus, by sourcing produce from local butchers, bakers, and green grocers.
12. Hot and cold healthy snacks will be available during break, every day.
13. A full menu will be available throughout the lunchtime period every day. We will not accept sponsorship from companies associated with unhealthy foods.
14. Any profits will be re-invested in the catering staff and environment.
15. We will continue to use the cashless payment system.
16. We will be open to new ways of serving healthy food e.g., a 'pre-order' bar.
17. We will supply name badges for catering staff and an identifiable supervisor.
18. The layout of the dining areas and kitchen will continue to be further upgraded, to improve comfort and efficiency. The scope is dependent on financial resources.

**We are committed to CPD for TMCS catering Staff in terms of:**

- *Catering skills.*
- *Presentation of food* and the serving/delivery of food.
- *Customer service* in order to improve our service and ensure our students are treated as valued customers.